Preparation of the study playing key role in its future execution. In order to produce papers of reasonable quality, there are steps that has to be taken before launching the pilot study.

OBJECTIVES

- Compile exercise protocol based on recent literature
- Apply knowledge into practise
- Identify and analyze potential insufficiencies
- Evaluate and revise protocol to serve efficient and consistent outcomes
- Create video recording to produce representative results of current study

METHODOLOGY

Subsequent to completion of recherche, process of creating the protocol began. Synthetizing information from Kolář (2009) and recent articles, where stabilisation of trunk appeared as a main tool to resolve scientist’s hypothesis, ensured high quality of evidence (Davidek et al, 2018; Saeterbakken et al., 2011; Sharrock et al., 2011). Two dependent exercise sessions were made and executed by volunteer in home conditions. Prior the sequence was recorded, proband was acquainted with main purpose of the study, then basic anatomy and theory was explained in order to enhance subject’s understanding and finally physical execution appeared. Self-captured video was taken by outdoor camera GoPro Hero 7 Black and next processed in iMovie, video editing software developed by Apple. Process terminated by uploading both sessions online via Youtube. Lastly, the volunteer provided oral consent with recording and publishing video online.

RESULTS

Study resulted in creating two functional exercise protocols (fig. 1, fig. 2) demonstrable by healthy woman without any difficulties. Following the verbal feedback, it has been discovered, that some exercises might be challenging to perform. Nevertheless, the author decided to keep the protocol as planned, because future research targets to evaluate surfing athletes.

CONCLUSION

In the current study all set objectives were met. The creation of two dependent exercise protocols revealed few shortcomings needed to be changed in order to produce easily feasible and clear protocol. However we suggest, that further research should examine protocols with a larger number of participants and different groups.